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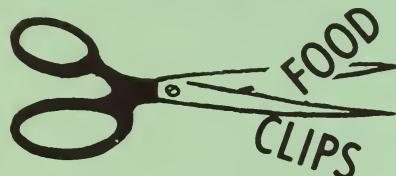
Food and Home Notes

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Do you know the variety meat line? It includes beef, liver, heart, kidneys, brains, tongue, sweet-breads, and tripe. Variety meats from veal usually are smaller, and more tender, finer in texture, milder in flavor — and lighter in color than beef.

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Boneless brisket of beef is a thin flat piece of meat that has been boned; it often is cured and sold as cornbeef.

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Ground veal, often available in stores, is good when mixed — with ground beef and pork — for a tasty meat loaf according to USDA home economist.

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Tripe consist of the plain or smooth lining from the first beef stomach. Honeycombed tripe — the lining from the second stomach — is considered a great delicacy.

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NOTE: Oct. 6, 1975, Vol. 33-No. 38
should read Oct. 6, 1975 Vol. 33-No. 39.

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NUTRITION SURVEY

— ON FOOD HABITS

In-Between-meal snacking is not all bad! It depends on what you eat. More than two-thirds of the 2,545 individuals who were interviewed, ate or drank something between meals according to a survey designed to determine food habits by the Consumer Food Economic Institute of USDA's Agricultural Research Service.

Week-ends did not appear to be the only time that people "snacked". They also consumed food between meals during the week. According to the report, however, they ate a variety of foods from the "Four Basic Food Groups" (meat, vegetables-fruit, milk and bread-cereal groups). Of particular importance was the increased amounts of milk consumed in these between meal habits. Increases from other food groups were smaller.

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Table 2,--- Cost of 20 grams of protein from specified meats and meat
alternates at August 1975 prices

Food	Market unit	Price per market unit 1/	Part of market unit to give 20 grams of protein 2/	Cost of 20 grams of protein
Dry beans.....	lb	\$0.36	.24	\$0.09
Peanut butter.....	12 oz	.67	.23	.15
Bread, white enriched.....	lb	.35	.51	.18 3/
Eggs, large.....	doz	.74	.25	.19
Beef liver.....	lb	.88	.24	.21
Hamburger.....	lb	.93	.24	.23
Milk, whole fluid.....	half gal	.77	.29	.23 4/
Chicken, whole, ready-to-cook.....	lb	.69	.37	.25
Bean soup, canned.....	11.5 oz	.26	.96	.25
Turkey, ready-to-cook.....	lb	.74	.35	.26
Tuna, canned.....	6.5 oz	.59	.44	.26
American process cheese.....	8 oz	.76	.38	.29
Chicken breasts.....	lb	1.17	.25	.30
Pork, picnic.....	lb	.99	.32	.32
Ham, whole.....	lb	1.26	.29	.36
Chuck roast of beef, bone in.....	lb	1.12	.35	.39
Ocean perch, fillet, frozen..	lb	1.12	.36	.41
Round beefsteak.....	lb	2.02	.22	.44
Liverwurst.....	8 oz	.76	.60	.46
Frankfurters.....	lb	1.28	.36	.46
Ham, canned.....	lb	1.92	.24	.46
Salami.....	8 oz	.92	.50	.46
Sardines, canned.....	4 oz	.51	.94	.48
Rump roast of beef, boned....	lb	1.97	.26	.50
Pork loin roast.....	lb	1.56	.33	.52
Haddock, fillet, frozen.....	lb	1.52	.35	.54
Bologna.....	8 oz	.83	.73	.61
Sirloin beefsteak.....	lb	2.21	.28	.62
Rib roast of beef.....	lb	2.00	.33	.66
Veal cutlets.....	lb	3.26	.21	.70
Pork chops, center cut.....	lb	2.04	.35	.71
Pork sausage.....	lb	1.57	.52	.81
Lamb chops, loin.....	lb	2.82	.31	.87
Porterhouse beefsteak.....	lb	2.65	.34	.89
Bacon, sliced.....	lb	1.92	.52	1.01

1/ Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

2/ One-third of the daily amount recommended for a 20-year-old man. Assumes that all meat, including cooked fat, is eaten.

3/ Bread and other grain products, such as pasta and rice, are frequently used with a small amount of meat, poultry, fish or cheese as main dishes in economy meals. In this way the high quality protein in meat and cheese enhances the lower quality of protein in cereal products.

4/ Although milk is not used to replace meat in meals, it is an economical source of good quality protein. Protein from nonfat dry milk cost about half as much as from whole fluid milk. USDA Agricultural Research Service

THE COST OF MEATS AND MEAT ALTERNATES

The meat, poultry, and fish items in meals usually cost the most. However, the range in costs of different types and cuts of meats is great, so careful selection may result in worthwhile savings.

Estimated costs of 3-ounce servings of cooked lean from selected types and cuts of meat and of poultry and fish are shown in table 1. The economy-minded shopper can replace some of the meats ordinarily used with alternates such as eggs, dry beans and peas, and peanut butter. These foods provide protein and other nutrients for which meat, poultry, and fish are valued. Cheese can also be used.

One way to find good buys among meats and meat alternates is to compare the costs of amounts of them that provide equal protein. Table 2 shows the cost of amounts of some meats and alternates required to give 20 grams of protein— one-third of the recommended allowance for a day for a 20 year old man.

A 3-ounce serving of cooked lean meat from beef, pork, lamb, veal, turkey, or fish provides 20 grams of protein or more. However, well over a serving of some meats and alternates is required: 10 slices of bacon, $3\frac{1}{2}$ frankfurters, 3 eggs, or $4\frac{1}{2}$ tablespoons of peanut butter, for example.

The U.S. average price and the part of a pound or other market unit required to provide a 3-ounce serving of cooked lean meat (table 1) or 20 grams of protein (table 2) are shown for each meat and meat alternate for which costs were compared. To figure a comparable cost using different price, multiply the price by the part of a pound or market unit shown.

Table 1 — Cost of 3 ounces of cooked lean from specified meat, poultry, and fish at August 1975 prices.

Food	Retail price per pound ^{1/}	Part of pound for 3 ounces of cooked lean	Cost of 3 ounces of cooked lean
Beef liver.....	\$0.88	.27	\$0.24
Hamburger.....	.93	.26	.24
Turkey, ready-to-cook.....	.74	.40	.30
Ocean perch, fillet, frozen...	1.12	.29	.33
Chicken, whole, ready-to-cook.	.69	.48	.33
Chicken breasts.....	1.17	.35	.41
Ham, whole.....	1.26	.35	.44
Haddock, fillet, frozen.....	1.52	.29	.44
Pork, picnic.....	.99	.46	.46
Ham, canned.....	1.92	.25	.48
Chuck roast of beef, bone in..	1.12	.45	.51
Rump roast of beef, boned.....	1.97	.34	.67
Round beefsteak.....	2.02	.34	.69
Pork loin roast.....	1.56	.50	.78
Veal cutlets.....	3.26	.25	.81
Rib roast of beef.....	2.00	.45	.90
Pork chops, center cut.....	2.04	.45	.92
Sirloin beefsteak.....	2.21	.43	.95
Lamb chops, loin.....	2.82	.46	1.30
Porterhouse beefsteak.....	2.65	.52	1.38

^{1/} Average retail prices in U.S. cities, Bureau of Labor Statistics, U.S. Department of Labor.

ENVIRONMENTAL CONTEST SLATED

— WITH SMOKEY BEAR AND WOODSY OWL

The Smokey Bear and Woodsy Owl Environmental Poster Contest has been expanded this year to include all age groups. The National Council of State Garden Club, sponsor of the contest, especially encourage youths and senior citizens to enter the competition. Posters may show Smokey Bear or Woodsy Owl — both or neither — and must include a picture and a slogan.

There are no restrictions on art materials to be used as long as the poster is basically two-dimensional and no larger than 12 x 18 inches. There will be winners in States and Regional competition before the national judging. States entries must be mailed no later than November 30th, 1975.

Further information is available from your local garden club, a U.S. Forest Service field office, or the Office of Information, U.S. Department of Agriculture's Forest Service Southwestern Region, 517 Gold Avenue, S.W. Albuquerque, New Mexico, 87102.

WOODSY SAYS: "GIVE A HOOT DON'T POLLUTE!"

* Collect bottles, cans (flattened) and newspapers and take them to nearest recycling center...if there isn't one near you, help local authorities establish one.

* Carry a litter bag in your car or boat and always use it.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.

